

# VIRGINIA WILDLIFE

FEBRUARY 1996

ONE DOLLAR

SOUTHWEST VIRGINIA

*A Mountain Treasure*

# Seeing is Believing



## Director's Column

William L. Woodfin, Jr



The counties that make up the Southwestern Highlands have always held a special interest for the Virginia Department of Game and Inland Fisheries (VDGIF). Wildlife and fisheries biologists are constantly being challenged to manage the resources in an area with such a wide diversity of flora and fauna. From the state's highest peaks to the most scenic rivers, the Southwestern part of the state offers unlimited opportunities to experience nature and the outdoors.

Clinch Mountain and Hidden Valley Wildlife Management Areas (WMA) are just two of the many places open for everyone's enjoyment. Throughout the area, hunting continues to increase in popularity. Good habitat management by dedicated wildlife professionals has led to an increase in numerous species. Deer numbers are on the rise, as are bear and turkey. Buchanan County is quickly becoming recognized for its superb turkey hunting. Some of the state's finest grouse and small game hunting can also be found in this mountainous terrain. VDGIF is constantly looking to improve management of the resources. A five-year bear study, currently in its second year, is now focusing on research in Southwestern Virginia in hopes of better understanding the needs of this elusive animal. For the first time, a grouse study will begin in the area this year to look at population dynamics.

If it's fishing on one of VDGIF's two trout fee-fishing areas, or a lazy canoe trip down the Middle Fork of the Holston River, anglers can find just about any type fishing they are looking for. John Flannagan and South Holston Reservoirs are just a few of the cold,

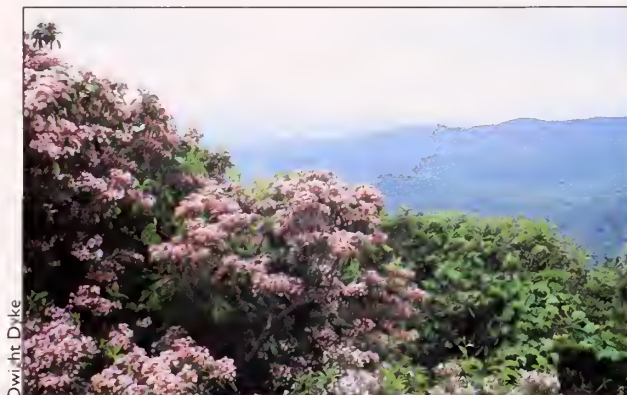
deep mountain lakes that give anglers a chance at tackling highly sought after sport fish such as walleye and small-mouth bass. Marion Trout Hatchery and Buller Fish Cultural Station, which are run by VDGIF, work throughout the year to assure that the streams and lakes of Southwestern Virginia are stocked and managed to their greatest potential. For the first time, fisheries biologists are stocking hybrid striped bass into Claytor Lake. No matter where you find yourself fishing, you can expect to have the time of your life.

The Appalachian Mountain Range that makes up Southwest Virginia not only supports a diversity of wildlife, but trees, plants, and nongame species. Because of the higher elevation of many of the mountains, visitors to Highland State Park and Mt. Rogers experience a look that can be found no where else in the state. The remoteness of areas like Hidden Valley WMA bring hundreds of hikers and bird watchers out each year. For those who travel the backwoods trails, the rewards can be as simple as seeing a wildflower like trillium.

Each summer as most of Virginia feels the blistering heat of July and August, the Highlands become an oasis, offering the people who live here or visit a welcome relief with its cool mountain breezes!

It is my hope that through the pages of *Virginia Wildlife*, we can bring you a little closer to another one of Virginia's special places. If, by chance after reading this you are left with a feeling of wanting to experience more about the treasures of Southwestern Virginia, then take my advice; "seeing is believing." □





# VIRGINIA WILDLIFE

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Dwight Dyke



Dwight Dyke

Cover: Photo by Dwight Dyke.

## Features

- 4 **Southwest Virginia, A Mountain Treasure**  
by Spike Knuth
- 12 **Clinch Mountain and Hidden Valley  
Habitat for Wildlife**
- 24 **Fisheries**
- 28 **Marion Trout Hatchery and Buller Fish Cultural Station**

## February Journal

- 31 News
- 32 Cooperative Agreements Good for Anglers  
and Cattlemen
- 34 Recipes

*Dedicated to the Conservation of Virginia's Wildlife and Natural Resources*

# S O U T H W E S T A ♦ M O U N T A I N



Russell County; photo by Dwight Dyke



Fiddlers Convention, Galax, Va.; photo by Dwight Dyke

*“The land is one organism. Its parts, like our own parts, compete with each other and cooperate with each other.”*

*Aldo Leopold 1953*

*Virginia Wildlife*



# VIRGINIA MOUNTAIN TREASURE



Black bear cubs and background photos by Bill Lea



Virginia Creeper Trail, South Fork Holston River;  
photo by Dwight Dyke



February 1996









Big Tumbling Creek; photo by Dwight Dyke



Smyth Co. photo by Dwight Dyke

Southwest Virginia is in the Appalachian Mountain Range that extends from the northeast into Tennessee and North Carolina. The coal-producing Cumberland Mountains run along the West Virginia-Kentucky state line, leading to the farthest western tip of Virginia in Lee County. Here, the Cumberland Gap opened the way to the west as settlers followed Daniel Boone into Kentucky.



Cumberland Gap, Lee Co.  
photo by Dwight Dyke







Top: Fly-fishing on Roaring Creek, Tozowell County.  
 Above: Sgt. James Heironimus chats with a Lee County resident.  
 Right top and bottom: Residents of Russell County.  
 Page 9: Copper Ridge, Scott County. Photos by Dwight Dyke.  
 Page 9 for right: Red spruce and hardwood forest at higher elevations; photo by Bill Lea.







By Spike Knuth

Visitors to southwestern Virginia come away with a feeling that they passed through a special place. Even during a short stay in this mountain treasure, you can sense the deep, abiding attachment to the land that is part of the southwestern Virginia outlook. As with other parts of the Commonwealth, it is an area rich in natural resources. For those familiar with the area, it is the location of stunning wildlife management areas, some wonderful fishing resources, and a fascinating array of habitats, as you will see from the photography in this issue.

For instance, the Southwestern Highlands have a great diversity of plant life at the higher elevations. You will find red spruce, a tree normally associated with Canadian forests, along with other trees, shrubs and flowers normally associated with more northern locations.







Bill Lea



White Top Mountain at 5,520 feet and Mount Rogers at 5,729 feet are the two highest points in Virginia, and elevations of more than 3,000 feet are common in many smaller mountain ranges. The climate and growing seasons of these high peaks and ridges is similar to more northern areas. However, in the summer visitors will be able to observe well-kept cornfields, and





Bill Lea



Left top: Washington County tobacco patch. Bottom left: Russell County sheep farm; photos by Dwight Dyke.



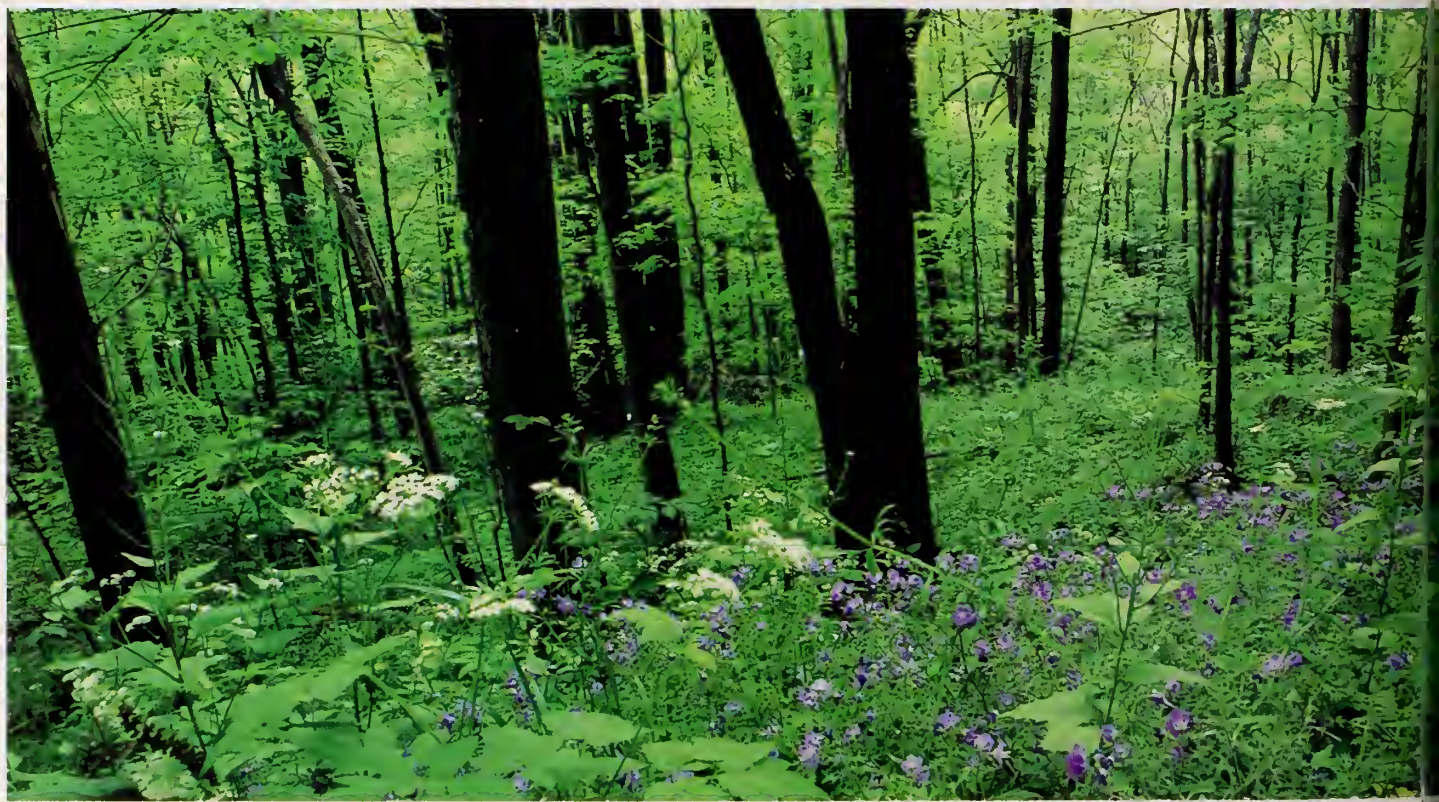
small, hilly tobacco patches interspersed with family vegetable gardens. Southwest Virginia contains a number of resource gems—rivers, streams, lakes and wildlife areas, many of which provide public access for all to enjoy.

In this delightful setting, sportsmen will discover that sound wildlife management practices have in recent years resulted in larger deer herds and greater populations of turkey and bear.

White-tailed deer; photo by Bill Lea











# Clinch Mountain & Hidden Valley

## Habitat for Wildlife

The Clinch Mountain Wildlife Management Area (WMA) is a 25,477-acre area in Smyth, Russell, Washington and Tazewell counties, near Saltville. According to John Baker, wildlife biologist with the Virginia Department of Game and Inland Fisheries (VDGIF), "the most unique thing about Clinch Mountain is the wide range of wildlife habitat and the species associated with it. The tremendous variety of terrain and the differences in elevation is what creates that diversity." He said that in the 30 years it has been under the care of VDGIF, there has been an emphasis on making it more accessible to the public, providing facilities, yet maintaining a high degree of natural surroundings and rural appeal typical of the remote southern mountain region.



Sound habitat management pays off, as users of wildlife management areas have discovered. Top left: Fly-fishing on Big Tumbling Creek.

Bottom left and background: Clinch Mountain WMA; photos by Dwight Dyke. Top: White-tailed doe; photo by Bill Lea

Above: Clinch Mountain WMA campground.





Historical research also shows that the South Fork Holston near Sugar Grove, also had a tannery and a couple of lumber towns. They have been overtaken by time and the forest, and almost nothing remains of them. Corn was grown and sheep were raised where the 300-acre Laurel Bed Lake now lies. Later, lumbering activities resulted in the building of a holding pond for logs. Ultimately debris choked the stream, creating a bog-like area which serendipitously has now become a lake. Wildlife Biologist John Baker said that apparently it was not originally a natural bog, because plants associated with natural bogs—sphagnum moss, cranberry, black spruce—were not in evidence.

*Above & right: Laurel Bed Lake. Background: Wildflowers at WMA; photos by Dwight Dyke. Far right: Black bear feeding in cherry tree; photo by Bill Lea.*







At the present time, Baker explained, 98 percent of the management area is forested, and is managed accordingly. Before the Department put a management plan in place, 40 percent of the land was open pasture for grazing cattle. According to the Virginia Department of Forestry, research shows that hundreds of years ago, the forest here was mature, with limited understory. Native American Indians regularly burned off the land to keep brushy growth down to make it easier to travel on foot. In fact, there's evidence that every acre was burned at least once every 10 years, while the Indians burned off their camps and home areas twice a year to control insects as well as brush.

Later, forest resources provided jobs, and there still is evidence of old logging operations. The old switch-back rail beds, used in earlier times for hauling logs, now form the base for the gravel road that goes over the mountain to Laurel Bed Lake. Now, the forest is changing again as more northern hardwood trees take hold in the higher elevations, with black cherry ultimately dominating the oak.

The wildlife has changed as well. Baker recalls that when he began working for the Department in 1976, the deer stocking program was still going. "Now some 350 animals are harvested annually from the Clinch Mountain WMA alone," Baker said. The harvest emphasis over the years has changed from small game to turkey and deer, with an estimated 5,000 to 6,000 hunter hours spent on Clinch Mountain WMA each season.





Clinch Mountain WMA is seeing the fruit of good habitat management. Far right: A canoeist fishes Hidden Valley Lake and Jason Blevins, wildlife worker, stocks Big Tumbling Creek; photos by Dwight Dyke. Right: Wild turkey; photo by Scotty Lovett.







**T**he Hidden Valley WMA is "just over the mountain" from the Clinch Mountain WMA, and the two sites are jointly managed. Hidden Valley is a 6,400-acre area on Brumley Mountain just north of Poor Valley, in Washington County between Abingdon and Lebanon. This mountainous area has some elevations above 3,000 feet and consists mainly of rugged, wooded terrain interspersed with small clearings. Nestled within it is the 60-acre Hidden Valley Lake. Grouse, squirrel, deer, bear and turkey are the main game species, but a variety of furbearers, birds and plant-life are abundant on the area as well. The lake has smallmouth bass, red-breast sunfish, rock bass and walleye.



W

ildlife Bi-  
ologist  
Assistant

Scott Whitcomb manages both the Clinch Mountain WMA and Hidden Valley WMA, just north of Abingdon. He said that a lot of time and effort has been spent in recent years on facilities maintenance and improvements. Four bridges on the Clinch will be repaired and a new entrance road will be built to access Hidden Valley. Additionally, VDGIF is working with the Appalachian Power Company (APCO) on at least one new hunter access road into Clinch Mountain WMA. For archers, there is an archery range which consists of a raised shooting platform, backstop and markers at 10-yard intervals.

*Right: Hidden Valley WMA is a good spot for bowhunting. Far right: John Jessee, fisheries biologist, prepares to sample Hidden Valley Lake with a gill net. Background: Clinch Mountain WMA; photos by Dwight Dyke.*







February 1996



**A**dditional habitat development and improvement are underway; this includes three acres of new clearings, plus 27 more acres to be cleared. Much of this will actually be the reclamation of old clearings from current woody growths. A number of 100-acre timber sales will also help diversify the otherwise uniform timber stands on some parts of the area. Whitcomb too, refers to the unique and diverse plant community with many northern species present in the higher elevations. This means that birds typically dwelling in those types of habitats can be seen there, especially nesting warblers, such as the chestnut-sided warbler. Clinch Mountain and Hidden Valley WMA's provide some of Virginia's best areas for birdwatchers and botanists to ply their trades.

*Above: Trillium on Hidden Valley WMA. Right: Waterfall on Clinch Mountain WMA. Photos by Dwight Dyke.*

*Far right: Chestnut-sided warbler; photo by Rob Simpson.*















Big Tumbling Creek; photo by Dwight Dyke

Wildlife watchers have discovered the benefits of managed habitat. After hunters and fishermen, sight-seers seem to be the largest user group. "Hundreds of cars drive through the Clinch Mountain WMA to see fall color in October," Whitcomb said. For those who want to do more than just drive through, the Clinch Mountain WMA has a primitive campground with 21 campsites, which is cooperatively managed with the Division of Parks and Recreation in the Department of Conservation and Recreation. It is open only during the fee-fishing season. During the off-season, visitors may camp elsewhere in the management area.

Big Tumbling Creek is the major stream on the area. It was the first fee-fishing area developed by VDGIF back in 1968. Its 5.5 miles of stair-step pools and waterfalls, riffles and runs is not only great trout fishing, but is simply beautiful to look at. A photographer can take a lifetime of stream shots in one day on Big Tumbling Creek. Johnny Tilson, fisheries biologist assistant, has the responsibility of stocking the stream every evening during the fee-fishing season with a supply of trout kept right on the premises. Like other VDGIF employees in this area, Tilson can get you excited about the area by just talking about how he hopes to attract more fishermen to Big Tumbling Creek with its beautiful, serene setting.



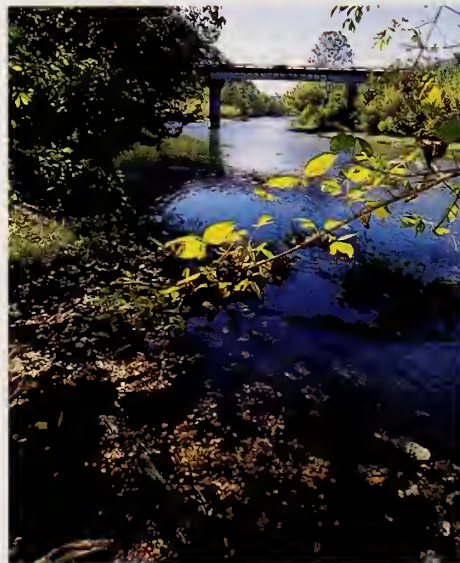
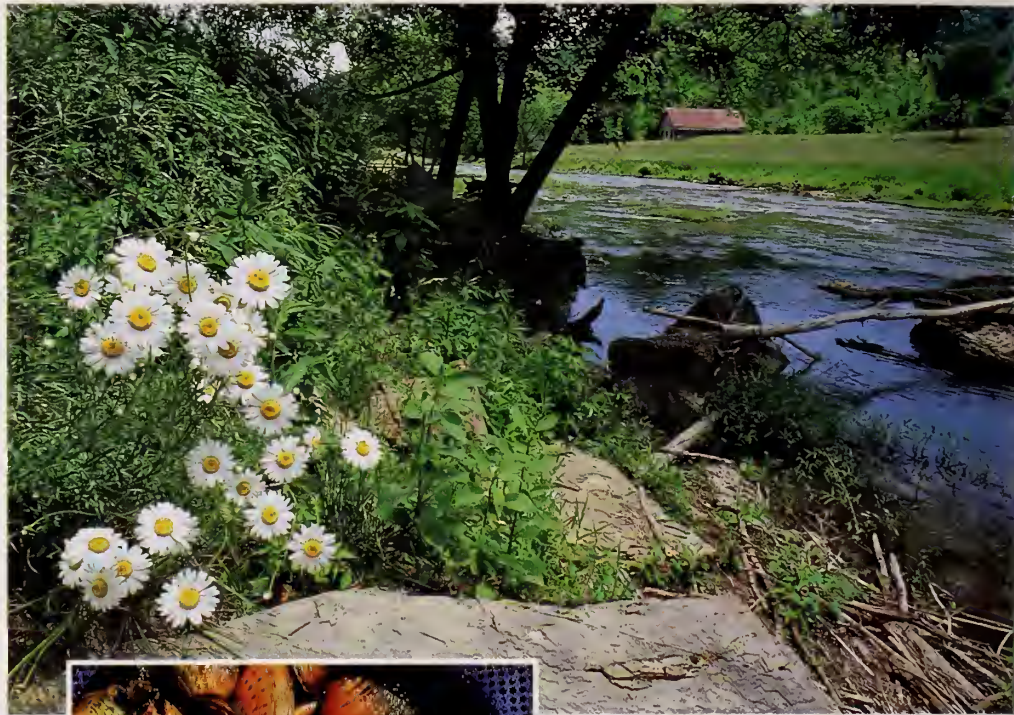


# Fisheries



Rivers are among the most outstanding resources of Southwest Virginia. The South, North and Middle Fork Holston Rivers; the Powell River; the Pound River and the Clinch River are some of the larger ones but there are others, like Copper Creek and Big Cedar Creek. While most Virginia rivers flow east to the Atlantic Coast, rivers in Southwest Virginia flow south and west into the Tennessee River of the Mississippi Drainage. These rivers have native species that are different from those native to east-flowing rivers.

John Jessee, VDGIF fisheries biologist, is a native of the area. He monitors and manages the fisheries resources on the lakes, streams and rivers of Southwest Virginia. He is especially attached to the Clinch River. His family originally settled the area in the 1780's. "I feel like I've inherited the river and that it's a great privilege to have an opportunity to work on the river in helping to manage its fisheries. The diversity



Above: Copper Creek, Scott County; photo by Dwight Dyke.

Left: Mussels from Copper Creek and Clinch River; photo by Jack Tuberville.

Below: Clinch River; photo by Page Chichester.  
Right: South Fork Holston River; photo by Dwight Dyke.

of fish we encounter there, including numerous protected species, presents a real challenge." Jessee explained that the Clinch, with its different mussels and 101 species of fish, has a greater variety of aquatic life than any other Virginia river.

The beauty of the area is impressive. Jessee reminds us that Southwest Virginia is also blessed with many trout streams, some with self-sustaining populations of wild rainbow trout. Among them are Whitetop Laurel, Green Cove Creek and Big Brumley Creek.

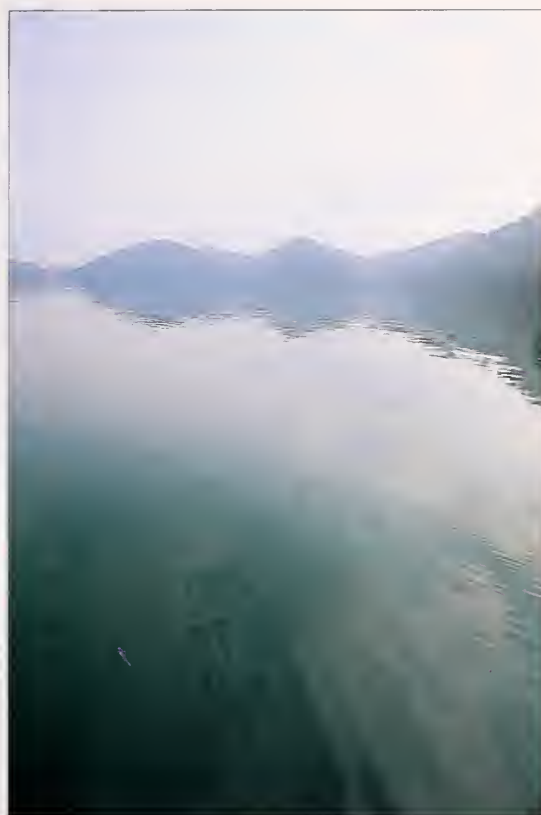
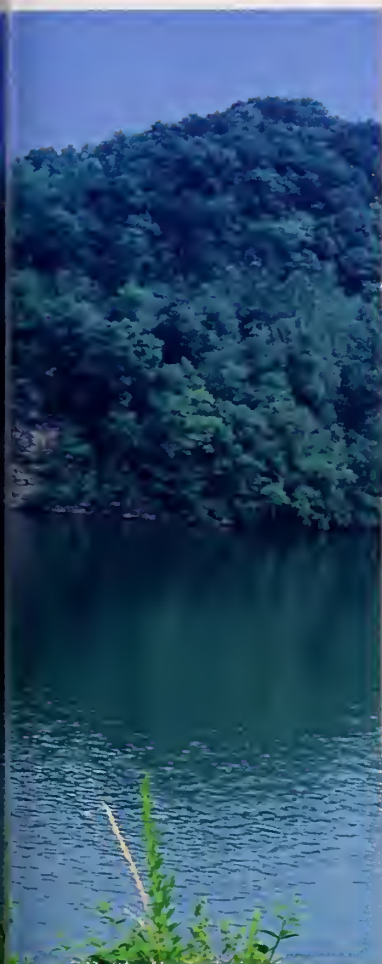












Left: Flannagan Lake, Dickenson Co.  
 Top: South Holston Lake, Washington Co.  
 Above: Pound River Lake, Wise Co. Photos by  
 Dwight Dyke.

Among the reservoirs that provide recreation in Southwest Virginia is the 1,143-acre John W. Flannagan Reservoir in Dickenson County. It provides one of the greatest management challenges, according to Jessee. This deep, steep-sided, U. S. Corps of Engineers reservoir has a variety of fish. Large-mouth bass in the 5 to 6 pound range show up commonly in netting samples, as do walleyes in the 3 to 6 pound range, smallmouth bass, channel catfish and flathead catfish. In recent years, brown and rainbow trout have become a big part of the fisheries program, providing yet another unique fishing opportunity.

South Holston Reservoir, at 7,580 acres, is the largest of the reservoirs in this area, although most of the lake lies in Tennessee. South Holston Reservoir and the South Fork of the Holston River have walleye, white bass, largemouth and smallmouth bass, channel catfish, crappie and musky. The Tennessee portion also has trout. However, there is no reciprocal license agreement with Tennessee.

The North Fork Pound Reservoir is a 154-acre U.S. Corps of Engineers lake in the Clinch Ranger District of the Jefferson National Forest. The lake's fishery has improved significantly as a result of a liming program the past few years. The lake has spotted bass along with smallmouth and largemouth bass. Bluegill, crappie, redbreast sunfish, channel catfish and musky round out the angling menu. A National Forest Stamp is **not** required.





## Marion Trout Hatchery and Buller Fish Cultural Station ❖

To help support the fisheries management program, VDGIF has two hatcheries in far southwest Virginia. The Marion Trout Hatchery is the first state trout hatchery built in Virginia. It began operation in 1928 and was actually located across State Highway 16 from its present location. The Marion hatchery rears about a half-million trout annually.

Marion native Jerry Sheets is the hatchery superintendent. He began working here in 1972, then went to work at the Wytheville and Coursey Springs facilities, before returning home. "It's a lifelong dream to come back to work my home town. I feel real fortunate. Generally, things like that don't come to pass."

The Marion Hatchery has a small visitor center along with the chance to see all the steps in trout production first hand. Signs on I-81 pointing the way to the hatchery resulted in well over 4,000 visitors in the summer of 1995. The guest register for the months of July, August and September showed visitors from 23 states and England.

The Buller Fish Cultural Sta-

tion, built in the early 50's, is not as visible as Marion, but just as important when it comes to Virginia's fisheries programs. It is located on the South Fork Holston in a small valley known locally as Hog Trough Hollow. "Buller is remote and off the beaten path," said C.D. Stickley, hatchery superintendent. It is located near the little towns of Adwolfe, Thomas Bridge, Teas and Sugar Grove.

Presently, Buller is the main musky-rearing facility in Southwest Virginia. Along with muskies, other warmwater species reared include walleye, northern pike, occasionally striped bass and smallmouth bass. The Buller Hatchery also raises trout, mainly for stocking the Crooked Creek and Big Tumbling Creek Fee-Fishing Areas, as well as supplemental stocking in the Smyth County area.

Water to Buller is supplied by the South Fork Holston River. A handicapped-accessible fishing area is scheduled for completion in the spring of 1996 at the water intake upstream of the hatchery. The river around the hatchery is open to catch-and-release trout fishing.







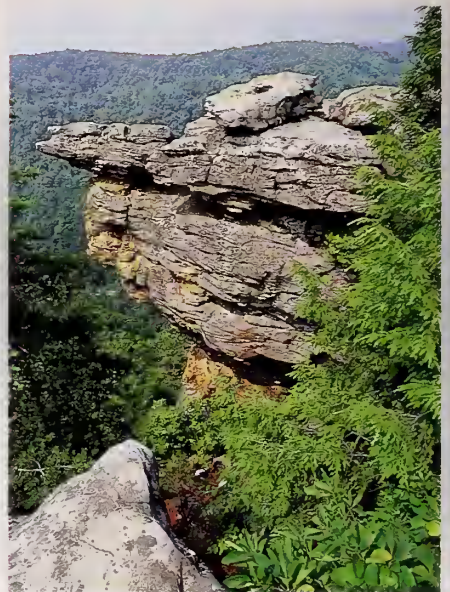
Far left: Assistant Hatchery Superintendent of the Marian Hatchery Chris Hoffman feeds trout in holding tank. Left: Buddy Alexander, wildlife worker, feeds the trout in the raceway at Buller Cultural Station. Photos by Dwight Dyke.



Above: Johnny Tilson, wildlife biologist assistant, uses a stocking tram line to lower a bucket of trout to Big Tumbling Creek. Above right: (from left to right) wildlife workers Jerry Baker, Bobby Hutton and Assistant Superintendent Chris Hoffman sample the trout in the Marion raceway. Right: James Hayes, a wildlife worker, stocks trout with a dip net. Photos by Dwight Dyke.







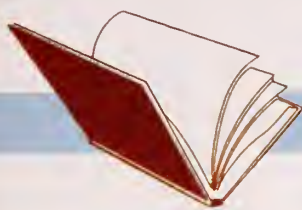
Above:  
*Breaks Interstate State Park,*  
Dickenson County

This 4,500-acre mountain park is on the Kentucky-Virginia line which the Russell Fork River has carved out the largest canyon east of the Mississippi. The canyon, known as the Grand Canyon of the South, is 5 miles long and 1,600 feet deep.

Background:  
*Hungry Mother State Park Lake,*  
Smyth County

Hungry Mother Lake benefits from habitat management, providing good largemouth bass, bluegill, crappie and walleye fishing. Muskellunge and channel catfish are stocked annually. Located in the state park, the lake is 108 acres, is open 24 hours and picnicking, camping and rental boats are available. It has a handicapped-accessible fishing platform. Photos by Dwight Dyke.





# Journal



Lee Walker

## Fort Lee Helps Hunters For the Hungry

In an effort to effectively manage their growing deer population and spur donations for Hunters for the Hungry, the Outdoor Recreation Program at Ft. Lee military base in Petersburg, Virginia, along with the assistance of the Prince George Hunt Club held a hunt in December to benefit Hunters for the Hungry.

Hunters for the Hungry is a charitable organization that makes venison available to the needy, and has become a prime resource for Virginia food banks. The program supplies vitally needed meat which is distributed to needy families in the Commonwealth.

Ft. Lee, encompasses over 5,500 acres, 2,000 of which are hunted. The hunt helped bring the total amount of venison donated in 1995 to Hunters for the Hungry to more than 100,000 pounds, which was the organization's goal.

Throughout the hunting season Ft. Lee has served as a drop-off point for area hunters and hunt clubs who wanted to donate venison to Hunters for the Hungry. John Randolph, with the Outdoor Recreation Program at Ft. Lee, said that the interest was high among many out-

door groups to help with the program. The Indian Town Hunt Club in Southampton County managed to donate over 40 deer this season and had each of its 53 members donate \$2.00 to the Hunters for the Hungry Program to help pay for processing the venison.

Also assisting Hunters for the Hungry meet their goal was a contribution from the employees of the Department of Game and Inland Fisheries. Working through the Combined Virginia Campaign, the wildlife workers gave \$3000 to this beneficial program.

For further information on Virginia Hunters for the Hungry, write Hunters for the Hungry, P.O. Box 304, Big Island, Virginia, 24526 or call 1-800-352-4868. □

## VDGIF to Again Help Virginia Spruce Up

The Virginia Department of Game and Inland Fisheries (VDGIF) will again participate in "Operation Spruce-Up," the statewide cleanup effort scheduled in Virginia for April. Operation Spruce-Up, an initiative of the Secretary of Natural Resources, Becky Norton Dunlop, is a cooperative venture between natural resources agencies and private groups committed to "sprucing up" Virginia.

Operation Spruce-Up now enjoys support from the rest of state government and a variety of private organizations. These entities will join forces in April for a spring cleaning of various state facilities. If you or your organization want to participate with VDGIF in Operation Spruce-Up, please contact Carol Heiser at (804)-367-6989. □



Mel White

Above: VDGIF employees support Hunters for the Hungry through the charitable check-off of the Combined Virginia Campaign. In early December the Department presented the organization with a symbolic check for the total contributions made by the Department — \$3,000.



Lee Walker

## Dinwiddie Game Warden Promoted

Game Warden Paul Booth, who joined the Department in January 1988 and is currently assigned to Dinwiddie County, was promoted to the rank of Sergeant. Booth is a graduate of Brunswick Senior High School, and the Southside Virginia Community College where he received an Associate of Applied Science degree in Police Science. Booth also received a Bachelor of Arts degree in Human Resources from Saint Leo College. □



# Cooperative Agreements Go

by Robert B. Belton,  
Chairman, Virginia Council of  
Trout Unlimited

Innovative technologies and cooperation with landowners are part of sensible resource management in fisheries and wildlife habitat. In the case of a Shenandoah Valley cattleman, new ideas and technologies led to solving a problem of siltation in one of Virginia's most popular trout streams.

Darrell Switzer needed to supply water to his animals, yet he wanted to change their customary watering site on the trout stream. Banks along the stream are unstable, the fishery is highly sensitive to siltation, but cattle need water. The question for Switzer was how to provide water for his stock while preventing them from walking down the bank into the creek.

He learned he might receive help from the Virginia Council of Trout Unlimited (TU), and sent them a detailed written proposal which included a site map, an engineering drawing of a pumped-storage system, along with a cost estimate for fencing. Of the total cost, 75 percent could be provided by the Natural Resources Conservation Service (NRCS) cost-share funds, but he needed an additional 25 percent to pay for the project.

This trout stream was of particular interest to the TU Council because TU members have devoted time and money over the past 17 years to fencing and bank stabiliza-



Rich Jefferson



# Good for Anglers and Cattlemen



Dwight Dyke



Catharine Tucker



Catharine Tucker

tion to protect trout habitat in this stream. TU members had developed a cooperative agreement with riparian landowners and the Virginia Department of Game and Inland Fisheries for access to the stream, and the idea of further improvements, through cooperation with landowners, was highly appealing.

Page 32: Riparian property owners have generously allowed anglers to access the stream by climbing stiles built to protect their fences. Here, Bill Hobson, Vice Chair for Resources, Virginia Council of Trout Unlimited, helps maintain the stiles.

Top left: Examining Darrell Switzer's ball fountain (from the left to right) are Bill Hobson, Neal Emerald, the Northern Virginia Area Vice Chair for the Virginia Council of Trout Unlimited, Tom Evans, TU's legislative liaison, Switzer and Frank Deviney, TU's Area Vice Chairman for the Shenandoah Valley and Charlottesville.

Bottom left: The word "sewer" was ground off the pump cover so no one would misunderstand the mechanism Switzer had installed.

Funds amounting to more than \$2,000 were contributed from across the state to cover TU's commitment to support 25 percent of the project, and an anonymous contribution even came through the national TU office. The NRCS money came in, and the project was completed in the next few months. Switzer acted as his own contractor, refined the plan for the off-stream watering system. By using his own labor and good management, Switzer completed the pump project \$1,000 under budget.

The system consists of a pump, protected by a casing at the water's edge, which draws water through a gravel bed into a pipe, and pumps it up the hill through the woods, a vertical lift of approximately 172 feet, to a storage tank in the pasture. Gravity draws the water down from this tank into the ball fountain, where the cattle depress a floating ball with their noses to access the water. The system is entirely powered by a solar collector, including the system that turns the solar collector so that it follows the sun for maximum efficiency. The electric line connecting the solar connector at the top of the hill to the pump in the creek is buried in the same trench with the pipe.

Through creative use of available technologies, and with the help of TU, Switzer has voluntarily improved the condition of a popular trout stream, and has provided enough water for his animals. This is just one more example of an important VDGIF constituent group working cooperatively with landowners to manage Virginia's natural resources to everyone's benefit. □



By Joan Cone

## Pheasant For Winter Dining

With the increasing number of new shooting preserves in Virginia, hunters will be bringing home more pheasants for the game cook.

Plucking pheasants is tough, although quickly pouring boiling water over them makes the job easier. Since pheasant meat is dry, it is best to leave the skin on especially when roasting. If you plan on using a moist method of cooking such as a Dutch oven, crockpot or pressure cooker, then removing the skin will not make a difference.

The following recipe calls for braising skinned pheasant pieces, and the result is excellent.

### MENU

*Lemony Good Nachos With Salsa*

*Pheasant In Skillet Over Noodles*

*Spinach With Pecans*

*Molded Cranberry Salad*

*Puff Pudding*

### Lemony Good Nachos With Salsa

- 4 cups packaged tortilla chips
- Grated peel of one lemon
- 1 cup salsa
- 1 cup (4 ounces) shredded Cheddar or Monterey Jack cheese
- 1/4 cup sliced green onions

Arrange packaged tortilla chips in a 9 or 10-inch pie plate; sprinkle with grated lemon peel. Spoon salsa over chips; sprinkle with cheese and green onions. Heat under broiler for a few minutes to melt cheese or serve as is. Makes 4 servings.

### Pheasant in Skillet Over Noodles

- 1 dressed pheasant, cut up, skin removed
- 1/2 cup flour
- 3 tablespoons margarine or butter

- 3 tablespoons olive oil
- Juice from 3 large oranges or 1 1/2 cups prepared orange juice
- 1 cup dry white wine
- 1/2 cup golden raisins
- 1 teaspoon dried oregano
- 1 tablespoon snipped fresh parsley
- 1 teaspoon dried rosemary leaves, ground in processor

In large plastic food-storage bag, combine pheasant pieces and flour. Shake to coat. In 12-inch nonstick skillet, heat margarine and oil over medium-high heat. Add pheasant pieces. Cook for 10 to 12 minutes or until meat is browned, turning occasionally. Transfer pheasant pieces to warm platter. Drain and discard fat from skillet. In same skillet, combine remaining ingredients. Bring to a boil; reduce heat to low. Return pheasant pieces to skillet. Cover and simmer for 40 to 50 minutes, or until meat is tender and juices run clear. Serve over hot, cooked noodles, if desired. Makes 3 to 4 servings.

### Spinach With Pecans

- 2 packages (10 ounces each) chopped spinach, thawed and well-drained
- 1 cup sour cream
- 1/2 cup coarsely chopped pecans
- 2 tablespoons freshly grated Parmesan cheese
- 1 tablespoon dehydrated onion soup mix

Preheat oven to 350°. Grease a 1-quart casserole dish. Combine all ingredients in mixing bowl and blend well. Turn into casserole and bake uncovered for 20 minutes or until hot throughout. Makes 4 servings.

### Molded Cranberry Sauce

- 1 can (8 ounces) crushed pineapple

- in own juice
- 1 package (3 ounces) raspberry flavored gelatin
- 1 can (16 ounces) whole berry cranberry sauce
- 1/4 cup chopped celery
- 1/4 cup chopped nuts

Drain pineapple, save juice adding enough water to make 1 1/4 cups liquid. In a saucepan, bring liquid to boil, remove from heat and stir in gelatin until dissolved. Break up cranberry sauce with a fork and stir into gelatin mixture. Cool until mixture begins to thicken and then stir in crushed pineapple, celery and nuts. Pour into mold; chill until set. Makes 8 servings.

### Puff Pudding

- 1/4 cup (1/2 stick) butter or margarine
- 4 cup sugar or honey
- 1 teaspoon lemon rind
- 2 egg yolks
- 3 tablespoons lemon juice
- 2 tablespoons flour
- 1/4 cup Grape-Nuts Brand Cereal
- 1 cup milk
- 2 egg whites, stiffly beaten

Beat butter with sugar and lemon rind until light and fluffy. Beat in egg yolks. Stir in lemon juice, flour, cereal and milk. (Mixture will look curdled, but this will not affect finished product.) Fold in beaten egg whites. Pour into greased 1-quart baking dish; place the dish in pan of hot water. Bake at 325° for 1 hour and 15 minutes or until top springs back when lightly touched. When done, pudding has a cake-like layer on top with custard below. Serve warm or cold with cream or prepared whipped topping, if desired. Makes 6 servings. □





Dwight Dyke

# Spring Turkey Hunting Workshop is for Women

Hunting is a cherished Virginia tradition, and today more and more women are interested in learning about it firsthand.

Those who are interested in hunting are encouraged to begin their adventure at a weekend-long workshop on spring turkey hunting, March 29-31, 1996. In an atmosphere of hunting camaraderie, women will come together, have fun and learn the skills needed to seek out the "king of the game birds," the wild turkey.

The workshop is designed with the novice in mind. It will be taught by women and men who understand the specialized

needs of the beginning hunter.

It will be held at the Airfield Conference Center in Wakefield, Virginia. The cost for the entire weekend is \$150, based on double room occupancy and will include all food, lodging, equipment, and take home materials. Hunter education certification will be available.

The deadline for registering is March 8, 1996, so hurry and call Anne Skalski for registration information at (804) 367-6778. Registration is limited to 40 participants, so please call now. A \$25 non-refundable deposit is required to reserve a place. Let us hear from you today.



